

WORKOUT FOR CATEGORY I

RUNNING: The majority of the physical activities you will be required to perform during your six months of training at BUD/S will involve running. The intense amount of running can lead to over stress injuries of the lower extremities in trainees who arrive not physically prepared to handle the activities. Swimming, bicycling, and lifting weights will prepare you for some of the activities at BUD/S, but ONLY running can prepare your lower extremities for the majority of the activities. You should also run in boots to prepare your legs for the everyday running in boots at BUD/S (Boots should be of a light-weight variety i.e. Bates Lights, Hi-Tec, Etc.).

The goal of the category I student is to work up to 16 miles per week of running. After you have achieved that goal, then and only then should you continue on to the category II goal of 30 miles per week. Let me remind you that category I is a nine week buildup program. Follow the workout as best you can and you will be amazed at the progress you will make.

RUNNING SCHEDULE I

WEEKS #1, 2: 2 miles/day, 8:30 pace, M/W/F (6 miles/ week)
WEEK #3: No running. High risk of stress fractures
WEEK #4: 3 miles/day, M/W/F (9 miles/wk)
WEEKS #5, 6: 2/3/4/2 miles, M/Tu/Th/F (11 miles/wk)
WEEKS #7,8: 4/4/5/3 miles, M/Tu/Th/F (16 miles/ wk)
WEEK #9: same as #7,8 (16 miles/ wk)

PHYSICAL TRAINING SCHEDULE I (Mon/Wed/Fri)

SETS OF REPETITIONS

WEEK #1: 4X15 PUSHUPS
4X20 SITUPS
3X3 PULL UPS
WEEK #2: 5X20 PUSHUPS
5X20 SITUPS
3X3 PULL UPS
WEEK #3,4: 5X25 PUSHUPS
5X25 SITUPS
3X4 PULL UPS
WEEK #5,6: 6X25 PUSHUPS
6X25 SITUPS
2X8 PULL UPS
WEEK #7,8: 6X30 PUSHUPS
6X30 SITUPS
2X10 PULL UPS
WEEK #9: 6X30 PUSHUPS
6X30 SITUPS
3X10 PULL UPS

* Note: For best results, alternate exercises. Do a set of pushups, then a set of situps, followed by a set of pull ups, immediately with no rest.

SWIMMING SCHEDULE I

(sidestroke with no fins 4-5 days a week)

WEEKS #1, 2: Swim continuously for 15 min.
WEEKS #3, 4: Swim continuously for 20 min.
WEEKS #5, 6: Swim continuously for 25 min.

WEEKS #7, 8: Swim continuously for 30 min.

WEEK #9: Swim continuously for 35 min.

* Note: If you have no access to a pool, ride a bicycle for twice as long as you would swim. If you do have access to a pool, swim every day available. Four to five days a week and 200 meters in one session is your initial workup goal. Also, you want to develop your sidestroke on both the left and the right side. Try to swim 50 meters in one minute or less.